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TO SEE A
SMALL FAMILY
BUSINESS**

See p2



**INSIDE: BRAZIL 2014
8-PAGE
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SUPPLEMENT**



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TICKER TESTS

Free blood pressure and heart checks as part of scheme

PHARMACIES across east London are offering free health checks until Saturday as part of Heart Rhythm Week.

The scheme involves more than 100 pharmacies in Waltham Forest, Redbridge, Barking and Dagenham, Newham and Havering providing the checks which then feeding information back to GP surgeries.

It is being funded as a national first by the North East London Local Pharmaceutical Committee. The intention is that the service could become funded nationally by the NHS.

The scheme is being backed by various health groups.

Ellen Sheridan, of the Stroke Association, said: "High blood pressure has been called the 'silent killer' because many people do not realise they have it or how dangerous it can

be. Getting your blood pressure tested is simple, there are no needles, we put an inflatable cuff on your arm and it is quick and painless.

"It is really important to get checked regularly as your blood pressure does change over time, taking control of it can reduce your risk of stroke. According to the Stroke Association there are more than 13,500 people across London who have a stroke each year and more than 128,000 people living with the effects of stroke."

Once tests are carried out, the data is used by NHS doctors to detect early signs of heart problems.

Hemant Patel, secretary of the committee representing local pharmacists said: "We are urging the local community to stop by their pharmacy this Heart Rhythm Week to get their heart and blood pressure



CHECKS: Pharmacist Kate Hornton, from Thomas Chemist in Barking, takes a patient's blood pressure

Picture by Martin Dalton

checked. It's really important for residents to know the risk factors associated with their blood pressure and heart, and that's why we're here to give advice and information to hope-

fully reduce the health problems like stroke."

The list of pharmacies participating in Heart Rhythm Week can be found at www.nellpc.org.uk



ORDER: New Saint Francis Hospice trustee Paul Gwinn

Hospice appoints new trustee

A MAGISTRATE has been appointed trustee of a hospice.

Bosses at Saint Francis Hospice believe Paul Gwinn, who lives in Havering-atte-Bower, will bring a wealth of experience of working with local businesses to the board of trustees.

The 67-year-old, who has sat on Romford, Barking and Waltham Forest courts since 2006, is a club director at

Dagenham and Redbridge Football Club and is a past president of the Barking and Dagenham Chamber of Commerce, where he served for 40 years.

He said: "Unfortunately I think some people in Barking and Dagenham see Saint Francis Hospice as a hospice just for people from Havering which, of course, isn't the case at all.

"So there's a challenge in getting the hospice better known amongst the rapidly changing borough population."

Paul is to give around 50 days each year to the hospice and plans on focussing on the hospice's shops.

He added: "I'm positively astonished at the revenue the shops make and I'll be doing my best to help them make even more."

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Competition

WIN! TICKETS TO SEE A SMALL FAMILY BUSINESS AT THE NATIONAL THEATRE

ALAN Ayckbourn's black comedy, A Small Family Business, has returned to the National Theatre and we have five pairs of tickets to give away.

Jack McCracken is a man of principle in a corrupt world, but not for long. Moments after taking over his father-in-law's business he's approached by a private detective armed with some compromising information.

Jack's integrity fades away as he discovers his extended family to be thieves and adulterers, looting the business from their suburban homes. Rampant self-interest takes over and comic hysteria builds to a macabre climax.

Alan Ayckbourn's black comedy, which first premiered at the National on London's South Bank in 1987, is a riotous exposure of entrepreneurial greed.

For tickets for the play, which remains at the theatre until August 27, visit www.nationaltheatre.org.uk. The National Theatre Live will also broadcast the play to cinemas nationwide at 7pm on June 12.

To win one of five pairs of tickets, worth £50 each, just answer the following question.

Q: When did the play initially premiere at the National?

A: 1999

B: 2014

C: 1987

To enter the competition telephone your answer - A, B or C - to 0901 307 1688 along with your name, address, telephone number and email.

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Lines close on Thursday, June 12, 2014. Entries received after the closing date will not be counted but may still be charged.

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Queen's falls short in end of life care

A REPORT into services at Queen's Hospital has criticised some aspects of care provided to patients close to death.

Barking, Havering and Redbridge University Hospitals NHS Foundation Trust failed to achieve four of seven targets.

The report was published by the Royal College of Physicians and the Marie Curie Palliative Care Institute Liverpool.

The trust received a score of two out of five for specialist support care in the last hours and days of life. It also failed to achieve the required scores in: having a named board member responsible for care of the dying; and promoting patient privacy, dignity and respect.

Professor John Ellershaw, director of the Marie Curie Palliative Care Institute in Liverpool, said: "It is unacceptable in the current day and age that hospitals are failing patients, and their families, in the care they receive at the end of their life."

"Too many patients are dying badly in our hospitals when we know how to care for them well."

"If some hospitals can provide good outcomes in care then all hospitals can. This audit provides a clear challenge to those hospitals that are failing to provide best care for dying people to look at why they are failing and improve."

Royal College of Physicians stressed that although Queens was failing in some areas, it was among the best performers in the UK, especially when it came to identifying whether a person was dying and ensuring they had the correct medication. There were issues around hydrating and providing nutrition.

Royal College of Physicians clinical director, Dr Kevin Stewart, said: "These are encouraging results for Queens hospital by doctors and nurses. "Staff had made progress in the difficult area of communication with patients and families."

Dr Stephen Burgess, Medical Director at Barking, Havering and Redbridge University Hospitals NHS Foundation Trust, said: "Overall, we welcome the findings of the report and are encouraged by many of the parameters that have

been met and surpassed. We have achieved four out of seven of the key performance indicators (KPIs) and we are confident that, since completion of this audit, we have addressed the remaining three KPIs.

"We recognise that it is our core responsibility to deliver high-quality care for our patients in their final days of life and appropriate support to their families, carers and those close to them. By taking part in this audit for the last eight years, we have continued to learn from the findings and improve our service accordingly."

"The specialist palliative care team will continue to carry out this audit every two years to ensure both organisational and clinical KPIs are maintained to a high standard and within the requirements set nationally."

Dr Jane Collins, of Marie Curie Cancer Care, said: "We only have one chance to get end of life care right and sadly sometimes we don't."

"There are few surprises in the national care of the dying audit for hospitals England report."

Man found guilty of sex worker murder

A JURY has been found a man guilty of murdering a sex worker in Ilford.

Farooq Shah, of Station Road, Forest Gate, was found guilty at Woolwich Crown Court on Monday, June 2, of stabbing to death Mariana Popa on Ilford Lane.

The 21-year-old was also found guilty of carrying out a knife-point robbery a short distance away in Upton Park less than an

hour before committing the murder.

He will be sentenced at the same court on Friday, June 27.

The court heard that Shah stabbed Mariana Popa, 24, from Romania, shortly before midnight on Tuesday, October 29, 2013.

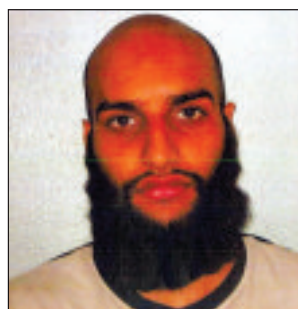
Officers attended and she was treated for a stab injury.

Mariana Popa was then taken to an east London hospital where she died an hour later.

The post-mortem examination ascertained that she died from shock and haemorrhage and stab wounds to the chest.

CCTV footage proved critical in this case, and approximately 400 hours was reviewed over the course of the investigation.

It shows Mariana walking along with a Shah on a bicycle, when he then took a knife from his back pocket and stab her twice in the chest.



KILLER: Farooq Shah

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Lens be 'aving you!

AN ARRAY of talent was on show for judges of a photographic competition.

Professional photographer, Sue Dobson, marked images submitted in Chingford Photographic Society's latest print contest.

The winner was named as Richard Niglas with his photograph 'Southwold Scarlet Dawn' while Steve Eagles finished second, third and fifth with 'Who's There', 'Watching and Thinking' and 'Mystery of the Crypt'.

Teresa Pavitt's 'Grey and Gosling' was named fourth and Bob Draper was sixth with 'Broadway Market'.

For more information visit www.chingfordphotographic.com.



WINNER: Southwold Scarlet Dawn by Richard Niglas



FOURTH: Grey and Gosling by Tessa Pavitt



FIFTH: Mystery of the Crypt by Steve Eagles



ABOVE: Who's There and **BELOW:** Watching and Thinking, second and third place, both by Steve Eagles



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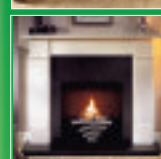
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WINNER: Michael Groom-Starling speaks out

Schoolboy has the last word

A SCHOOLBOY has won a prestigious speaking competition.

Michael Groom-Starling, who studies at Loxford School of Science and Technology, won top prize in the Redbridge Regional Final of the Jack Petchey's 'Speak Out' challenge.

The 15-year-old impressed judges with his speech, 'Digging Deep', beating 16 other young people.

He said: "Firstly I feel amazing to have won and I have done my family proud."

"Without my nan, I wouldn't be standing here

today – great speaking is a gift I have inherited from her."

After just one day of public speaking and effective communication training, 552 year 10 students aged 14-15, from 14 schools in Redbridge, took part in the competition.

Michael won a £100 cash prize for coming first and is through to the grand final on Monday, July 14, at London's Piccadilly Theatre.

Second place went to Oscar House, 15, from Wanstead School, Wanstead, and third place went to Arub Ali, from Ursuline Academy, Ilford.

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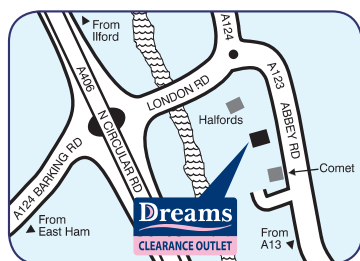
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Fast Delivery



FITNESS: Linda Magill who was the driving force along with local councillors and residents to get the new equipment. By Mark Cleveland

Get fit in the great outdoors

A MOTHER'S idea for an outdoor gym has become reality.

Linda Magill, of Arnett Square, has seen a new £15,000 outdoor gym placed just metres from her home on the Chingford Hall Estate.

More than 20 people attended the official opening on Friday, May 16, with councillor Jemma Hemsted, Alan Siggers and Laurance Wedderburn in attendance.

Last year, Linda, aged 43, put a bid into the ward forum meeting before it was accepted in March.

Mother-of-two Linda said: "In the national press there is a lot of talk of obesity but people can't

afford to go to the gym.

"So I made a bid for an outdoor gym and people have used it every morning. I never envisioned that the bid would become reality.

"It's rewarding to see people using and enjoying the equipment."

The new facility includes a cross-trainer, a spinning bike that charges mobile phones, pull-up bar and leg press.

A damaged and faded mural is to be replaced and repainted in coming weeks.

Linda, who works as a Leyton Orient community sports programme manager, plans to

arrange a weekly fitness day for residents living on the estate.

Councillor Jemma Hemsted praised residents for their efforts.

She said: "Linda had the idea, so I suggested she should bid and everything took from there.

"We received some funding from Larkswood ward and Waltham Forest Council's green spaces, which we appreciated very much.

"I used the twisty waisty thing yesterday and I'm certainly feeling the benefits. The outdoor gym has brought happiness and some sunshine to the community."



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RENOVATE: Staff members Brendon Griffiths, Jon Migan, Maechi Anyanwu, Jamie Scrivener and Georgie Yianni in newly refurbished Greene Man pub and (inset) manager Simon Howard
Pictures by Mark Cleveland

New look for pub

AN HISTORIC pub has undergone a £170,000 refurbishment.

Builders completed a transformation of the Greene Man, in Old Church Road, Chingford, on Monday.

Eight new staff are to be employed at the public house, which is more than 200 years old, while the pub has a new bar, lighting, seating and has been made larger following the removal of a wall.

Manager Simon Howard,

who has run pubs in Chingford for four years, is looking to place framed photographs of Chingford's hall of fame around the venue including David Beckham, Winston Churchill, Graham Gooch and Leslie Phillips.

He said: "Regulars only need to come in and they will instantly notice the difference."

"We have spent some serious cash renovating the pub."

"I am now looking into a

theme that celebrates Chingford and I am sure within a few weeks you will see the likes of Mr Beckham proudly displayed around here."

Simon is used to a challenge.

The 43-year-old was one of 160 managers to complete the Yorkshire three-peaks challenge earlier this month.

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School helps out with redesign at retail store

A SCHOOL has helped redesign a Ilford store.

Youngsters from Christchurch Primary School made summer themed posts in the newly repainted Wilko store, in High Street, which celebrated its fifth anniversary.

The celebrations included free cupcakes for shoppers in the Ilford Exchange Centre.

Other freebies included stationery, books and sweets.

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Youth club launched

A NEW club has been launched to help youngsters make the move up from primary to secondary school.

Barking and Dagenham Council, in partnership with the Vibe Youth Centre, in Becontree Avenue, Dagenham, is to offer the chance for young people to socialise with others every Friday.

The centre, which opens for the first time on Friday, June 6, offers activities like pool, gaming and table tennis and has an IT suite.

Helen Jenner, Barking and Dagenham's corporate director for children's services, said: "These sessions will help young people make the most of their move to a new school environment."

"Some young people find this change very challenging and we aim to help them face the transition with confidence."

Services for our young people continue to provide services that ensure every child is valued so that they can succeed."

Last year, more than 200 primary school pupils from the Gascoigne, Five Elms and Leys schools found help through the centre.

Parents are encouraged to send their children currently in these two year An added bonus for young people is that every time they attend with their Splash Card they will be rewarded with points that they can redeem for prizes.

The youth club will run from 4pm to 6pm every Friday during school term.

Sports coach shortlisted

A SPORTS coach has been shortlisted for a regional award.

Scott Denham, an academy squad coach at Barking and Dagenham Aquatics Club, was due to appear at the final of the Gillette London Coach of the Year Ward at Lee Valley Velodrome in Queen Elizabeth Park yesterday (Wednesday).

The volunteer coaches 150 swimmers each week and volunteers many more hours running land training sessions and attending galas. The winner on the night will be short-listed with other regional finalists for the overall title in November.

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WORLD CUP BRAZIL 2014

THIS year's FIFA World Cup in Brazil is the 20th tournament in the competition's 84-year history and the first time that successive competitions have been held outside Europe.

The most prestigious prize in international football has only been won by eight different teams during all that time and at the top of that list with five is this year's host nation, Brazil.

Brazil 2014 will by far be the most expensive World Cup with costs already around the \$16billion mark due to stadium renovation and construction, transport and security. In a country where poverty is rife, the high costs made many Brazilians furious and in 2013 there were protests in the streets.

The present world champions, Spain, will be looking to achieve an unprecedented double double after they successfully defended their European Championship title in 2012. However, as a European team have never won the competition in Latin America the odds would appear to be stacked against them.

The action gets underway on June 12 when Brazil take on Croatia in Sao Paulo and from then 32 nations will compete through their relevant group stages to the knockout rounds until just two are left standing to do battle on Sunday July 13 at the Maracana Stadium in Rio de Janeiro.

Many hopes will rest with England, who face difficult group heats against Italy and Uruguay before facing the supposedly easier Costa Rica, by which time, unless results have gone our way, England's World Cup campaign could already be over.

This will be the first World Cup tournament to utilise goal-line technology – something England could have done with four years ago after Frank Lampard's goal against Germany was disallowed by a referee and assistant who must both have been caught dozing!

The tournament promises to be a feast of skill and excitement which will inevitably throw up its stars and maybe even turn some into legends.

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Christiano Ronaldo
Photo by PA



The players most likely

EVERY World Cup creates its heroes and this year there are more players than ever with the potential to set the competition alight. In some cases it's a chance to finally live up to their reputations on the world stage.

Cristiano Ronaldo PORTUGAL

After dragging his country almost single-handedly to the finals late in the day at the expense of play-off opponents Sweden, the Portuguese captain is central to his country's hopes in these finals.

Ronaldo is not one to be tortured by feelings of self doubt and is certainly one of the top three players in the world at the moment. His incredible back-heel volley to salvage a point for Real Madrid against Valencia at the beginning of May was testament to his genius. Such is his influence on the side that even if the other 10 players didn't turn up you wouldn't bet on Portugal losing.

Edin Dzeko BOSNIA & HERZEGOVINA

Often seen as Manchester City's third choice forward, the Bosnian attacker has had a great domestic season as Alvaro Negredo hit a goal drought and Sergio Aguera was sidelined by a succession of injuries. His goals this season have been instrumental in City's run for the Premier League title.

Dzeko is Bosnia's highest scorer of all time, ten of them coming in the qualifying rounds as his country reached it's first major international tournament.

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Wayne Rooney ENGLAND

World Cups have not been the happiest of times for Wazza so far in his career.

The newly highest paid player in the Premier League at a cool £300,000 a week needs to stay free of injury in the run up to the finals if he is to stand any chance of showing his full potential on the world stage at international level.

An on-form Wayne Rooney is England's greatest asset. His skills on the ground and in the air could see us through one of the toughest groups to at least the quarter finals if he can just keep well and avoid any moments of red card madness.

Louis Suarez URUGUAY

Controversy follows Suarez like a bad cold, but this season saw a complete turnaround in fortunes on a scale of redemption not seen since Eric Cantona's post kung-fu kick. The Liverpool striker mesmerised us with skills that made him the Premier League's top scorer, the players' and football writers' choice for Footballer of the Year and sealed his position as one of the world's most exciting players. And let's not forget his season began six games later that everyone else.

With Sweden's Zlatan Ibrahimovic absent from these finals the stage is set for someone to take our breath away and dazzle us with their brilliance.

This could finally be Luis Suarez's time...and for once, for the right reasons, depending on that knee injury of course.

Mario Balotelli ITALY

Like Marmite you either love him or hate him, but one thing is for sure, you can't ignore Mario Balotelli. The former

Manchester City star can leave a lasting impression on any match, but this is just as likely to be from an act of gross stupidity than a piece of stunning brilliance.

He showed superb form at Euro 2012 and was Italy's top scorer in the qualifiers for this competition. But whether magic Mario or mad Mario turns up remains to be seen.

Lionel Messi ARGENTINA

While Cristiano Ronaldo and Zlatan Ibrahimovic both loudly proclaim themselves to be the world's best player, Lionel Messi simply is.

But on the international stage Messi has come nowhere near his achievements at club level. He failed to make any real impression at the previous two World Cups in 2006 and 2010, but now as captain of the side and after showing stunning form in the qualifiers this could at last be the moment for him to cement his reputation and take his place alongside the real legends such as Zidane, Cruyff, Charlton and Pele.

Yaya Toure IVORY COAST

Manchester City's Yaya Toure has been consistently brilliant for his club side this year with a scoring rate normally expected of an attacker rather than a midfielder. Toure is deadly from set pieces and any team giving away a freekick just outside the box really will be taking their lives in their hands because Yaya very rarely misses. He will also, no doubt, be seen as one of the main providers for Didier Drogba, who has been enjoying a new lease of life at Galatasaray. Just don't forget to wish him a happy birthday.



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THE FIFA WORLD CUP BR

GROUP A

**BRAZIL CROATIA
MEXICO CAMEROON**

June 12 8pm Brazil v Croatia
June 13 5pm Mexico v Cameroon
June 17 8pm Brazil v Mexico
June 18 11pm Cameroon v Croatia
June 23 9pm Cameroon v Brazil
June 23 9pm Croatia v Mexico

GROUP C

**COLUMBIA GREECE
IVORY COAST JAPAN**

June 14 5pm Columbia v Greece
June 14 11pm Ivory Coast v Japan
June 19 5pm Columbia v Ivory Coast
June 19 11pm Japan v Greece
June 24 8pm Japan v Columbia
June 24 9pm Greece v Ivory Coast

GROUP B

**SPAIN HOLLAND
CHILE AUSTRALIA**

June 13 8pm Spain v Holland
June 13 11pm Chile v Australia
June 18 8pm Spain v Chile
June 18 5pm Australia v Holland
June 23 5pm Australia v Spain
June 23 9pm Holland v Chile

GROUP D

**URUGUAY COSTA RICA
ENGLAND ITALY**

June 12 8pm Uruguay v Cost Rica
June 13 11pm England v Italy
June 17 8pm Uruguay v England
June 18 5pm Italy v Cost Rica
June 23 5pm Italy v Uruguay
June 23 5pm Costa Rica v England

ROUND OF 16

June 28 5pm	Game 49 1A v 2B	June 30 5pm	Game 53 1E v 2F
June 26 9pm	Game 50 1C v 2D	June 30 9pm	Game 54 1G v 2H
June 29 5pm	Game 51 1B v 2A	July 1 5pm	Game 55 1D v 2E
June 29 5pm	Game 52 1D v 2C	July 1 9pm	Game 56 1H v 2G

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GROUP E

SWITZERLAND FRANCE
ECUADOR HONDURAS

June 15 5pm: Switzerland v Ecuador

June 15 8pm: France v Honduras

June 20 8pm: Switzerland v France

June 20 11pm: Honduras v Ecuador

June 25 9pm: Honduras v Switzerland

June 25 8pm: Ecuador v France

GROUP G

GERMANY PORTUGAL
GHANA USA

June 16 5pm: Germany v Portugal

June 16 11pm: Ghana v USA

June 21 8pm: Germany v Ghana

June 22 11pm: USA v Portugal

June 26 5pm: USA Germany

June 26 5pm: Portugal v Ghana



GROUP F

ARGENTINA IRAN
BOSNIA NIGERIA

June 15 11pm: Argentina v Bosnia

June 16 8pm: Iran v Nigeria

June 21 5pm: Argentina v Iran

June 21 11pm: Nigeria v Bosnia

June 25 5pm: Nigeria v Argentina

June 25 5pm: Bosnia v Iran

GROUP H

BELGIUM ALGERIA
RUSSIA SOUTH KOREA

June 17 5pm: Belgium v Algeria

June 17 11pm: Russia v S.Korea

June 22 5pm: Belgium v Russia

June 22 8pm: S.Korea v Algeria

June 26 9pm: S.Korea v Belgium

June 26 9pm: Algeria v Russia

QUARTER FINALS

June 4 9pm: Game 57 W49 v W50
June 4 5pm: Game 58 W53 v W54
June 5 9pm: Game 59 W51 v W52
June 5 5pm: Game 60 W55 v W56

SEMI FINALS

July 8 9pm: Game 61 W57 v W58
July 9 9pm: Game 62 W59 v W60
FINAL
July 13 8pm: Game 64 W61 v W62
(3rd/4th Place) July 12 5pm: Game 63 L61 v L62

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Mersut Ozil GERMANY

Arsenal's record signing went decidedly off the boil in the last third of the season but German sides have always been able to pull it together and thrash out a result at international level, even when they're not playing particularly well. It only takes one moment of brilliance and Ozil's pinpoint passing and devastating finishing makes him a prime candidate for that in a German side short on personalities and with Group G also including Portugal and the ever improving Ghana, Germany will need to be on their game.

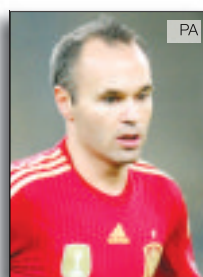
Robin van Persie THE NETHERLANDS

Apart from periods out through injury, van Persie has been one of the few high points in a season of transition for Manchester United. Good in the air and brilliant on the ground, his partnership with Wayne Rooney grows more effective by the week and in a Dutch side that sailed through the qualifiers he will be an important target man up front. Much of the Dutch hopes will rest with Arjen Robben and van Persie, although qualification to the knockout rounds should be a formality.

Andres Iniesta SPAIN

Although many of the Spanish squad are now looking at the wrong side of 30 their record of success in recent years speaks for itself.

Much of that consistency has been down to the brilliant Barcelona midfielder Andres Iniesta, scorer of the winning goal in the 2010



World Cup final against The Netherlands and player of the tournament at the 2012 Euros in Poland and Ukraine where Spain successfully defended their title.

With the challenge now to become the first team to defend a World Cup title

since the 1958/62 Brazilians, Iniesta, who has won everything there is to win.

Eden Hazard BELGIUM

After criticising his manager's team tactics, he may not be Jose Mourinho's favourite person at the moment, but judging by his form for Chelsea this season, Hazard could be one of the tournament's real stars. Whether playing centrally or on the wing, Hazard is one of those rare players who poses a threat the instant he has the ball at his feet. With his superb close ball skills he can take on defenders in tight situations and is capable of scoring some spectacular goals.



Neymar BRAZIL

Although his move to Barcelona last year has since become bogged down in a tax controversy, Neymar is one of the new great hopes for Brazilian football. Blessed with the skills one associates with Brazil's legendary heroes – speed, control, breathtaking ball skills and devastating finishing, Neymar is set to become a pivotal figure in Brazil's squad for years to come and is likely to be a challenger for Messi's crown as the world's best player before long.

Franck Ribery FRANCE

The Bayern Munich attacking midfielder is a veteran of the French side and was christened the 'jewel of French football' by none other than his mentor Zinedine Zidane. His form at club level has been instrumental in turning Bayern into arguably the best club side in the world at the moment and Ribery's mixture of skill and aggression is sure to be one of the foundations the French team is built around, although Group E is arguably an easy passage into the second round for them.

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ENGLAND Roy Hodgson
Roy is one of the most experienced coaches in the game at both club and international level as he has also managed Switzerland, Finland and the UAE. Hodgson

is still considered a hero in Sweden after his success with club side Malmo, leading them to consecutive titles from 1985-89.

At 64 he is the oldest man to be appointed England manager but under his guidance England rose to third in the FIFA rankings, their highest position since they were introduced.

England are drawn in one of the toughest groups with Italy, Uruguay and Costa Rica and so qualification to the knockout rounds will not be an easy task.

NETHERLANDS Louis van Gaal

The 62-year old is in his second spell as Dutch coach and will take the reins at Old Trafford as soon as the Dutch team's tournament finishes.

Van Gaal is known for his flexibility regarding formations and is a strong advocate of attacking football. They are certainly a different side to the losing finalists in South Africa who won few friends with their brutal approach against Spain.

BRAZIL Luis Felipe Scolari

The former Portugal and Chelsea boss carries the expectations of an entire nation on his shoulders as anything less than victory will be unacceptable on their

home turf.

Having already led the national side to victory in 2002 he is no stranger to success or the pressure of needing to achieve for a country who lives, eats and breathes football.

However, Scolari is fully aware that this Brazilian side is a work in progress. He has some talented players in the side, such as Neymar and Oscar but defensively and in goal it's the old story of the boat occasionally springing a leak.

SPAIN Vincente del Bosque

One of the most successful international managers ever, del Bosque has led Spain to success in the European Championships and the World Cup.

They are now aiming to achieve a double double by defending their World crown in addition to their successful defence of the 2012 Euros - after which del Bosque was named FIFA World Coach of the Year.

Spain will almost certainly need to finish top of Group B if they are to avoid Brazil in the last 16.

GERMANY Joachim Low

The second longest serving manager at the 2014 World Cup finals. In the eight years since moving up from being Jurgen Klinsmann's assistant,

Low has made steady progress with a team that was in transition after a long spell of consistency. With a squad anchored by the talent of Mesut Ozil and Bastian Schweinsteiger, Low's tactics have concentrated on the importance of moving the ball quickly and accurately, making Germany one of the strongest counter-attacking sides in the world.

Most would see the Germans at least reaching the quarter finals.

BRAZIL 1950

The last time the finals were held in Brazil the tournament was won by inaugural winners Uruguay, throwing the host nation into mourning. The 1950 tournament also saw England enter the competition after resolving a dispute with FIFA. But even 64 years ago England were able to frustrate their fans when a team including footballing legends Stanley Matthews, Tom Finney and Billy Wright lost a group match 1-0 to the USA which remains one of the greatest upsets in World Cup history - one the history books have never let us forget. The English failed to qualify from the group stages.

ENGLAND 1966

Our finest moment as we defeated West German 4-2 in extra time at Wembley to lift the Jules Rimet Trophy for the only time. Since then it has been 48 years of hurt as successive attempts have fallen short of hopes and expectations. The tournament is also remembered for North Korea's destruction of a powerful Italian side, the sending off of Argentina's Ratin, during which an out of control ref even booked Bobby Charlton, the dangerous Portugal side featuring Eusebio and a semi final against Mexico which belonged to the brilliance of Bobby whose two scorching goals took us to a final which has become the stuff of legend with England's contentious third goal, a Geoff

Hurst hat-trick and a toothless Nobby Styles dancing down the touchline as skipper Bobby Moore held the trophy aloft.

MEXICO 1970

The best way to follow the fantastic tournament of four years previously was with arguably the greatest of all the World Cup competitions as Brazil lifted the Jules Rimet Trophy for a third time, thus keeping it forever.

The World Cup would be different from here on but the 1970 tournament had it all - the brilliance of the Brazilians Jairzinho, Gerson, Tostao, Rivelino - the sheer genius of Pele, the greatest ever player, making his final World Cup appearance - a quarter final rerun of the '66 final in which one crazy decision by manager Sir Alf Ramsey - the substitution of Bobby Charlton to "rest him for the semi-final" led to England squandering a two-goal lead as Franz Beckenbauer, Uwe Seeler and Gerd Muller in extra time sent us packing.

The final saw Brazil slaughter Italy 4-1 in the Azteca Stadium with a display of artistry that has never been surpassed.

WEST GERMANY 1974

A newly designed trophy and a tournament that showed a competition, and indeed the sport itself, in transition. England had failed to qualify after a disastrous qualifying campaign sealed by a dreadful performance against Poland

after which Sir Alf Ramsey, the man who had led us to glory eight years previously, was sacked.

Two names shone out in 74, German captain Franz Beckenbauer and Dutch maestro Johann Cruyff, and both were to meet in a final refereed by Englishman Jack Taylor in which the gifted, newly emergent Netherlands side were favourites to win with their "beautiful football" and got off to a great start with a goal from a Neeskens penalty before the Germans had even touched the ball.

But it was to be the Kaiser's day thanks to goals from Paul Breitner and Gerd Muller.

ITALY 1990

A tournament best remembered for Gazza's tears in the semi final against West Germany and Gary Lineker pooing himself against Ireland rather than for anything in the final, which was won by West Germany.

In fact, the traditionally ill-tempered second round affair between West Germany and the Netherlands became even more notorious, not least for two identical incidents involving Dutch defender, Frank Rijkaard and West German forward Rudi Voller where Rijkaard was clearly seen on TV spitting into Voller's curly hair after the Dutchman was booked for hacking Voller down and then again as they both left the pitch after being sent off.

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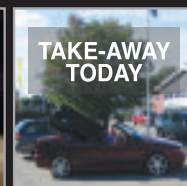
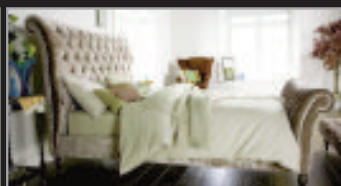
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However, you can add the details of your event to our website at www.yellowad.co.uk

Saturday, June 7

■ The Havering Branch of The East London Family History Society, hold meetings on the first Staundra of each month at Trinity Church, Gaynes Road, Upminster, RM14 2YS. Doors: 1pm, starts 2pm Q&A session 11am-1pm. Refreshments available, admission free.

■ Havering Sailing Club, (HSC) are now into the sailing season, based at Stubbers Outdoor Pursuit Centre (on the B1421 Ockendon Road) every Sat until the end of November from midday. New comers are welcome to join us for a taster session. No previous experience necessary, just call John Slowcombe on 01708 222658, to arrange a session with us, with the prospect of becoming a member. Come with a change of clothes and waterproofs. Life jackets are provided.

■ Romford Embroiderers, meet on the 2nd Saturday of each month. Speakers and hands-on workshops on embroidery and textile art, traditional and contemporary. Sales table for needle work bargains, library, competitions and outings. Romford United Reform Church, Western Road, Romford, 1.45-4pm, first visit free. 01708 767145.

■ Table Top Sales - Saturdays at St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, books, clothes, dvds and much more, refreshments, free admission, 12noon-3pm, cost per table starts from £8, to book call 07453 782726, allocated on a first come first served basis.

Sunday, June 8

■ Epping Forest H F Group, 10.30, Upminster Bridge Station, Walk in local area, 8 miles, 0208 5041329.

■ Ilford & District C.H.A Rambling Club, Coach ramble and visit to Dover, pick up

from Gants Hill (outside Iceland in Cranbrook Road), 8.30am, then onto St. Edwards Way, Library Side, for 8.45am pick up. 6 mile walk into Dover, non-walkers will possibly spend time at the last drop off point before heading for Dover Castle and the town. Further details on the day.

■ Group Cycle Rides with Havering CTC, we usually meet at 8.45 for 9am start, outside Rooms Store, Upminster, RM14 2SX. www.ctchavering.btck.co.uk.

■ Music, boy and girls from ages 8-25 years are welcome to come to our band practice, the first trial practice is free. All personell are CRB checked. Learn how to play with the Hornchurch Drum & Trumpet Corps, free instrument loan. Variety of social events through the year. Sunday practices are at the Robert Beard Youth Centre, opposite St Andrew's Church, 10am-1pm. Visit us or call 07538 362675.

■ Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).

Monday, June 9

■ Devotional Meeting, hosted by Baha'i Faith, open to all, 10.30am. 12 Lytton Road, Romford, 01708 446297.

■ Short Mat Bowls-Atte Bower Club meets Mondays at 7.15pm for a social game of bowls at the Village Hall, Wellington Ave, Havering-Atte-Bower. Visitors & News members welcome. 01708 706833.

■ Meeting - Hornchurch Photographic Society, Ardleigh House, Ardleigh Green Road, Hornchurch, every Monday (except Bank Hols) 7.45-10pm, beginners/experienced photographers welcome. 01708 472301.

■ Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon. 020 8527 1454.

■ Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.

■ Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 020 8592 8821.

■ Friendship Club - Plume of Feathers

what's on

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Tuesday, June 10

■ Illustrated RSPB Talk: Big Skies and all that's Crawls, Flutters and Flies. Find out about the natural treasures of east anglia, NE London, RSPB meets 2nd Tuesday of most months at St Mary's Church, Gwinnell Road, 207, High Road, South Woodford, E18 2PA. 8PM, ADM: £3.50, David, 0208 9894746.

■ New affinity Friendship Club & Social Club. Days out, weekends away, theatre/cinema loads more activities 07731 969819. www.newaffinity.org.uk

■ Gadabouts Social Club - Havering Indoor Bowls Club, Hornchurch, 8.15pm, for single people aged 40 plus, full monthly programme of events, further details 07528 370643.

Wednesday, June 11

■ Yoga/Pilates Inspired Fitness- HASWA Kilmartin Way, Elm Park 7.30pm 07821 969405/01708 556490.

■ Romford & Brentwood Folk Dancing Group meets every Wednesday during term time at the Chadwick Hall, St Michael's Church, Gidea Park from 8.00pm To 10.00pm. Details 01708 345691. £2 including refreshments

■ Time-4-U - The Royals Youth Centre, The Broadway (Tesco underpass), Rainham, 'drop-in' facility Wednesdays 7.30-9pm, advice and support to families, friends, siblings and youngsters who have to care for an Alcohol/Drug Abuser, no need to book, confidentiality assured, qualified counsellors. 07765 273440.

■ Hard of Hearing? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, Wednesdays 12.30pm onwards, details 01708 724067 or 07939 603437.

Thursday, June 12

■ Field and Forest Walk from Chigwell. Meet at Chigwell Row Church, at 10.30am, possible coffee stop. Brenda Knight, 5 miles.

■ Short Mat Bowls-Atte Bower Club meets Thursdays at 9.15am for a social game of bowls at the Village Hall, Wellington Ave, Havering-Atte-Bower. Visitors & News members welcome. 01708 706833.

■ Rock 'n' Roll Dance Night, every

Thursday, Chingford Rugby Club, Waltham Way, E4 8QA, 7.30-11pm, £5 entrance, call Malc 07860 664493.

■ Need a chat and a cuppa with a friendly face? We have a weekly 'Drop In' which is a group of friendly people like yourselves who just want an afternoon of company. We are at St Andrew's Church E17 Church Road E17 6AR, every Thursday at 2-4pm and we'd be very please to see you. The W15 bus stops right outside and the 158 bus is a short walk away.

■ Circle Dancing to World Music - Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4 including refreshments, beginners welcome, no partner needed, further details Pat 020 8556 3508.

■ Meeting - Ilford Centre Townswomen's Guild, St Alban's Church Hall, Albert Road, Ilford, 2-4pm.

■ Over 40s Social Club - RUSSC Club, Mawney Road, Romford, join our lively friendship club, Thursdays 8.30pm, further details Linda 020 8984 9613.

■ Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8989 2701.

Friday, June 13

■ Elm Park Community Association, Coffee Morning, 10-12pm every Friday, Elm Park Community Hall Annex, Eghurst Ave, Elm Park RM12 4RA. Various speakers Info 07984 159033.

■ Widows and Widowers Social Support Group - YMCA, Romford, every Friday 7.30pm, further details Bernard 01708 450572 Sue 01708 440255.

■ Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.

■ Flower Arranging for beginners - South Hornchurch Community Centre, Nelson Road, Rainham, every Friday 11.30am-1.30pm, 5 per session, free tea and biscuits plus raffle, further details Sandra 01708 554385.

■ Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.

■ Yoga - Upminster area, mornings, further details Donna 01708 747491 or 07795 056095.

■ Yoga - Faircross Community Centre, Hurstbourne Gardens, Barking, 2-3.30pm, 07946 215996/020 8591 5830.

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	Waltham Forest & Loughton	walthamforest@babysensory.co.uk 07753 605850
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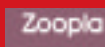
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Motoring News

Get SMART over m-way information

By Ian Johnson

HAS the Government sold the idea of SMART motorways to the British driving public efficiently?

According to the Institute of Advanced Motoring it has fallen short because a survey conducted by the Institute showed that 71 per cent of drivers said they would feel less safe on a motorway with no hard shoulder than a motorway with one.

One of the main concerns of respondents is the plan to increase the distance between safety refuges with 48 per cent of respondents believing that safety refuges should be no more than 500 yards apart.

Forty per cent of respondents are sceptical that new monitoring systems on SMART motorways, such as electronic signs, can protect them in the event of stopping in a running lane.

But the worrying factor is that 67 per cent of respondents said they haven't seen any publicity about SMART motorways.

SMART motorways are being rolled out across England but it has to be



essential that drivers have more reassurance and information on how safe they will be and how to use them.

In theory hard-shoulder running has its merits but many, like me are concerned if there is no access to emergency vehicles in the case of gridlock after an accident.

I am sure that there are

some real-life lessons to be learned before the dust settles on this new idea.

The key to it all is to pay close attention to the overhead gantries which provide information on traffic conditions, speed limits and lane access for the road ahead, with particular emphasis on motorways where hard-shoulder running may be permissible.

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(otherwise known as Esther Nathan)
NOTICE is hereby given that any person having a claim against or an interest in the Estate of Esther Pushparatnam Nathan late of Springfield Care Centre, 20 Springfield Drive, Barking, Essex, IG2 6BN and formerly of 58 Dale Lodge, Malcolm Way, Snaresbrook, London E11 1PW who died on 23 September 2013, is required to send written particulars to the undersigned by 13 August 2014, after which date the Executors will distribute the Estate of the said Deceased among the persons entitled thereto having regard only to the claims and interests of which they shall then have had notice, and will not, as respects the property so distributed, be liable to any person of whose claim or interest they shall not then have had notice.

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PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990 NOTICE UNDER REGULATION TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995 NOTICE UNDER ARTICLE 8

The following developments affect the character or appearance of the relevant conservation area:

Aldersbrook Conservation Area

1133/14 Applicant: Mr & Mrs Bell **Address:** St Martins Residential Home, 80 Aldersbrook Road, Wanstead E12 5DH **Description:** Change of use to bed and breakfast (C1)

1582/14 Applicant: Mr Canavan **Address:** 19 Dover Road, Wanstead E12 5DZ **Description:** Single storey rear extension

1562/14 Applicant: Mr Walker **Address:** 51 Dover Road, Wanstead E12 5DZ **Description:** Loft conversion with two rear dormers

1583/14 Applicant: Mr Gatty **Address:** 17 Merlin Road, Wanstead E12 5DJ **Description:** Loft conversion with rear dormer

1477/14 Applicant: Mrs Cummins **Address:** 108 Woodlands Avenue, Wanstead E11 3QY **Description:** Loft conversion with rear dormer, hip to gable roof alterations and two front roof lights

Mayfield Conservation Area

1611/14 Applicant: Mrs Attalia **Address:** 88 Levett Gardens, Ilford, IG3 9BX **Description:** Single storey side & rear extension and new front porch

1413/14 Applicant: Mr Stevens **Address:** 10 Tresco Gardens, Ilford, IG3 9NH **Description:** Rear outbuilding

Snaresbrook Conservation Area

0471/14 Applicant: Mr Dineen **Address:** 79 Snaresbrook Road, Wanstead, E11 1PQ **Description:** Erection of two detached garages

Wanstead Grove Conservation Area

1351/14 Applicant: Mrs Campbell **Address:** 18 Gloucester Road, Wanstead E11 2ED **Description:** Demolish existing rear extension.

Single storey rear extension with three roof lights, new patio

1350/14 Applicant: Mr Sidhu **Address:** 11 Hereford Road, Wanstead, E11 2EA **Description:** Demolish existing rear projection. Single storey rear extension

1383/14 Applicant: Woodford Estates **Address:** 22A Gloucester Road, Wanstead, E11 2ED **Description:** Demolish existing two storey side extension and garage. Erection of new 3 bedroom detached house

Wanstead Park Conservation Area

1204/14 Applicant: Mr Hansjee **Address:** 90 Overton Drive, Wanstead **Description:** Part single part two storey rear extension. Loft conversion with side dormers, new porch and roof lights

Woodford Broadway Conservation Area

1495/14 Applicant: Mr O'Donnell **Address:** 28 Park Avenue, Woodford Green, IG8 0EU **Description:** Two storey side extension with new windows to flank wall. Loft conversion with rear dormer. One dormer to both side elevations

1727/14 Applicant: Mr Edwards **Address:** 9 Princes Avenue, Woodford Green, IG8 0LL **Description:** Detached rear building and new boundary wall. Listed building consent

Applications can be inspected online at www.redbridge.gov.uk/planning or One Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford Essex IG1 1NN between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the Planning Services on 020 8708 2053. Representations should be made in writing to Planning Service within 21 days of the date of this notice. Fiona Dunning - Head of Development Management
Date: 05 June 2014
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Departs 29 June, 3 August & 21 September 2014
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• Entrance to Coronation Street - The Tour
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2 days from £119.00

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The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

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Call now for website details
New faces welcome:
07534 268 444

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Young + Mature
Escort's
24hrs
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To advertise in this section please telephone
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YOUNG ONES
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7pm till 7am
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0871 = 9p per min. Network extras apply. Live calls recorded. SP: 4D

TEXTCHAT
£1.50 for 1st 15 mgs sent/recvd. £1.50 per 6 mgs sent/recvd thereafter.
Men: Text 'mepp' to 88199
Women: Text 'wepp' to 88199
Gay: Text 'gepp' to 88199
18+ Helpline 0844 944 0344. Standard network charges apply. Women: Network charges only. Sent STGP to 88199 to stop. You may be sent free mkg mgs for similar services. Text NO INFO to 88199 to opt out. IP: X-CH

36P PHONE SEX
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18+ Helpline 0844 944 0344. Live calls recorded. 0872=10p per min. Network Extras Apply. SP: 4D.

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Simply dial the number below the advert!

LYN 34yrs, pretty petite dark haired female, loves music, meals out, quiet drinks out seeking caring male with GSOH who can make me feel special again. Tel No: 0906 500 6358 Box No: 410137

CAROLINE blonde curvy very active lady who loves to socialise, countryside, seeking similar caring male for LTR and to share good times with. Tel No: 0906 500 6358 Box No: 409413

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 6358 Box No: 410957

BUSTY Caribbean lady who loves music, dance and singing, looking for nice older guy for mutual adult no strings fun times. Tel No: 0906 500 6358 Box No: 410305

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 6358 Box No: 410579

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 6358 Box No: 410467

DEBBIE slim employed single mum with OHAC, loves holidays, travel, nice meals out, WLTm mature male who can make me laugh to enjoy good times together. Tel No: 0906 500 6358 Box No: 410767

JO 33yr old single mum of two looking to meet someone nice who can make me laugh and smile again, if you are seeking similar pls get in touch. Tel No: 0906 500 6358 Box No: 409737

MANDY 18, very pretty, slim/athletic body, enjoys clubbing, drinks out, seeking older male 30plus for uncomplicated adult fun. Status unimportant. Tel No: 0906 500 6358 Box No: 409261

KAREN 34yr old 5ft 7ins attractive green eyed brunette looking for special honest, genuine, caring male also looking for a ltr without stress. Tel No: 0906 500 6358 Box No: 411043

MARIE 37yrs slim attractive caring, likes meals in/out, cinema, tennis, keeping fit/active, WLTm fun loving, reliable man for friendship leading to more. Tel No: 0906 500 6358 Box No: 411037

SOPHIE 27yr old nursing assistant with no ties looking for discreet adult fun times with tall attractive guy 35-42yrs. GSOH essential. Tel No: 0906 500 6358 Box No: 410717

34YR single mum of 1 who loves nights out having a good time seeks similar sociable fun guy to enjoy relaxed but extremely fun relationship. Tel No: 0906 500 6358 Box No: 410709

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. Tel No: 0906 500 6358 Box No: 410301

MARIE 37yrs slim attractive caring, likes meals in/out, cinema, tennis, keeping fit/active, WLTm fun loving, reliable man for friendship leading to more. Tel No: 0906 500 6358 Box No: 411037

SOPHIE 27yr old nursing assistant with no ties looking for discreet adult fun times with tall attractive guy 35-42yrs. GSOH essential. Tel No: 0906 500 6358 Box No: 410717

SHARON very attractive British black lady, sexy size 6 looking for white male to fall in love with. Beautiful people can be lonely too. Tel No: 0906 500 6358 Box No: 409263

EMMA slim outgoing 30yr old female seeking honest, kind caring, young male to take me out, show me a good time hopefully leading to LTR. Tel No: 0906 500 6358 Box No: 409083

CATHERINE slim fit very attractive blonde, intelligent, optimistic, girly, social and WLTm happy go lucky fella for friendship, hopefully more. Tel No: 0906 500 6358 Box No: 408513

LUCY 28yr old single mum looking for male up to 40yrs for fun time, friendship, socialising, days out and hopefully leading to more, dad welcome. Tel No: 0906 500 6358 Box No: 409113

TRACY slim dark haired beauty, petite, hardworking career, enjoys dancing, nights out, WLTm loving male who can make me laugh for an adult relationship. Tel No: 0906 500 6358 Box No: 409419

TONI 34yrs voluptuous, loves cosy nights in, good nights out, WLTm romantic male who will treat me like a princess. Car owner/driver pls. Tel No: 0906 500 6358 Box No: 409269

KATE 47yr old slim brunette, considering attractive, likes cooking, meals out, animals and WLTm tall confident man with own hair and teeth. Tel No: 0906 500 6358 Box No: 407617

KIRSTY blonde blue eyed size 12 nurse, enjoys cosy nights, driving, holidays, socialising, WLTm broad-minded male for adult fun. Tel No: 0906 500 6358 Box No: 409259

KATH blonde independent female, employed with OHAC looking for fun and laughter with likeminded nice easy going male, any age. Tel No: 0906 500 6358 Box No: 407955

SUE independent confident female who knows exactly what she wants, fit, intelligent, loves the Arts, seeks sensitive, interesting soul mate. Tel No: 0906 500 6358 Box No: 409415

SUSAN attractive single female looking for really nice guy for cosy nights in and fun nights out. Go on give me a call and let's go out or have a chat. Tel No: 0906 500 6358 Box No: 409411

CLARE 31yr old single female, green eyes, dark hair, looking for fun, friendship and hopefully a ltr with loving male. No time wasters pls. Tel No: 0906 500 6358 Box No: 409257

SARAH 36, attractive with long blonde hair and green eyes, independent, employed with OHAC, WLTm similar articulate, interesting guy in uniform for nights in/out. Tel No: 0906 500 6358 Box No: 408495

MID naughty forties female looking fun, thrills and discreet meets, give me a call, you won't be disappointed. Any age with own accommodation. Tel No: 0906 500 6358 Box No: 409109

ANITA very attractive black female, seeking mature white/Asian man to enjoy uncomplicated relationship with no ties. Any age, pls contact me, I'm very lonely. Tel No: 0906 500 6358 Box No: 408505

LINDA mature female bored of being single, blonde, attractive, green eyes, looking for good times with fun outgoing male with a spring in his step. Tel No: 0906 500 6358 Box No: 409253

36YR old slim blonde female, genuine, caring and honest looking for similar descent guy for fun times, hopefully leading to more. Tel No: 0906 500 6358 Box No: 409247

SUE young looking slim attractive blue eyed 37yr old female with wicked sense of humour looking for fun times, if you feel the same call me. Tel No: 0906 500 6358 Box No: 409099

Yellow Sport

For more news, sport, letters, comment, jobs, motors and more visit www.yellowadvertiser-today.co.uk

TEDDY TO COACH HAMMERS ATTACK

Football

FORMER England striker Teddy Sheringham has returned to West Ham United as an attacking coach.

The 48-year-old has joined the Hammers on a part-time basis and will help manager, Sam Allardyce, in the next Premiership season.

Sheringham is to join Allardyce's existing backroom staff for the start of pre-season training with the specific remit of developing the club's attacking play.

The former Manchester United forward, who grew up in Highams Park, admitted he 'jumped at the chance' to return to the Boleyn Ground.

He said: "I'm very excited. Sam phoned me a week or so ago and asked me if I fancied it. It was far too good to resist really.

"Being a West Ham boy and coming from the area, it fits nicely in all that I'm about, what with working alongside Sam and knowing a few of the players as well. They've got a lot of respect for Sam, they speak very highly of him and to know that's the case made me want to get involved.

"I know the environment, I know everything about West Ham, so it was just too good an opportunity to turn down."

Childhood West Ham fan Sheringham played alongside Sam Allardyce at Millwall as a youngster and has

known the manager for more than 30 years.

"I've had a couple of offers since I've been out of the game, which didn't feel quite right but, when this came along, it felt just right for me," he continued.

"I'm delighted to be coming back to the club. Having played as a striker for years, Sam wants me to add something along those lines. Anything I can do to be of help, I'm very willing.

"I obviously know Andy Carroll, Carlton Cole and Kevin Nolan and I understand there'll be a few more forward players that I could be working with and alongside to help improve."

A former Premier League Golden Boot winner and scorer of 147 top-flight goals, Sheringham will be asked to pass on his extensive knowledge to the Hammers' forwards as the Club targets more entertainment on the pitch next season.

He spent three seasons at West Ham United as a player from 2004.

In his first year, he helped the club earn promotion to the Premier League through the play-offs before featuring in the FA Cup final with Liverpool the following year.

Sheringham, who has 51 England caps, was voted Hammer of the Year and the league's Player of the Year for his efforts during the 2004/05 campaign.



RETURN: Teddy Sheringham

Photo by Martin Dalton

Football

Local clubs planning for new season

By Brian Jeeves

THE dust has barely settled on the 2013/14 football season, but already the regions clubs are busy planning for the new campaign in August.

Barclays Premiership West Ham United have made it clear to the Upton Park faithful that they want to improve on last season's 13th place finish. The Hammers have moved quickly to bring in Mauro Zarate, an Argentine striker from Velez Sarsfield. Zarate, who also had short spell at Birmingham City early in his career, hit the net 13 times in 19 games for "El Fortin" and has a reputation for getting fans on the edge of their seats. As part of their preparations, West Ham will undertake a short tour to Germany (weekend of August 2-3) where they take part in the Schalke 04 Cup along with Bundesliga hosts, Schalke, La Liga side Malaga and Newcastle United.

Sky Bet League One, Colchester United have already lined up attractive pre-season fixtures with local rivals Ipswich Town (Wednesday July 23) and Charlton Athletic (Wednesday July 30), while Leyton Orient boss Russell Slade has already tied Gary Sawyer and Lloyd James to new contacts as the O's look to put last season's play-off heartache behind them and go one better this time around. The Matchroom Stadium outfit have also announced pre-season games at Dartford (Friday July 18) and Gateshead (Wednesday July 23).

Southend United boss Phil Brown is hoping to reshape his squad as the Shrimpers look to put together a promotion push in Sky Bet League Two. Brown has released a number of player, including Marc Laird, Mark Phillips and fans favourite Freddy Eastwood, with Bristol Rovers frontman John-Joe O'Toole rumoured to be on the Blues supremoes most wanted list.

Elsewhere in League Two, Dagenham & Redbridge continue to defy the critics and will look to make further progress in 2014/15. The Daggers wasted no time in announcing a full programme of pre-season friendly matches, including a visit from Colchester United (Saturday July 26) and an eye-catching date with East London neighbours Leyton Orient (Tuesday July 29).

And it's been a busy time for our local non-league clubs. Conference Premier side Braintree Town have a mouth-watering friendly with a West Ham United XI (Saturday July 19) while newly promoted Ryman North outfit, Great Wakering Rovers, entertain a squad line-up from League Two Dagenham & Redbridge (Wednesday July 23).

Meanwhile Ryman Premier League Billericay Town have publicised games with Conference Premier new boys Eastleigh (Tuesday July 22) followed by visits from a Dagenham & Redbridge XI (Wednesday July 30) and a Chilton Athletic XI (Tuesday August 5).

Brothers make world ranking tournament debut

Martial Arts

YEAR 7 pupils Ibrahim and Ilyas Hussain, from Beal High School, were at their first World Ranking Taekwondo Tournament this weekend in Innsbruck, Austria.

The two siblings from Gants Hill, were selected to represent Gurumu Taekwondo in the -33 Cadet Division. More than 1,800 athletes, including Olympians, from all over the world competed over the two day prestigious event.

The brothers were in the -33 division where there was a record 38 fighters. They were competing in the male age group between 12-14 years old whilst Ilyas and Ibrahim are still 12 years of age.

Ibrahim was up first, he fought well but went out 4-2 to a Croatia national team player.

Ilyas fought a little later. His first opponent was from Germany. Ilyas controlled the fight and won convincingly 12-0.

Next opponent was the favourite to

win the title from Azerbaijan, a well seasoned and experienced National fighter. It was a very tight fight, however, Ilyas fought a great match to overcome his opponent and won 12-10.

Into the quarter-finals he was up against another National Team Player from Belarus. Although he was a very awkward fighter Ilyas won 12-1.

Into the semi-finals and Ilyas was up against another German who was much taller and older. It was a very

close match and Ilyas fought his heart out but could not overcome the height advantage.

Ilyas came third and took a well deserved bronze medal.

Head coach Mr Sivakumar said that the team had worked immensely hard, and all through half-term to get this far. The results were phenomenal, with team mate Nithin Franis winning silver.

Ilyas would like to thank A2Z Windows of Ilford for their financial sponsorship for the trip.

Joe cuts ribbon for new 3G artificial grass pitch at school

FORMER England and West Ham United midfielder, Joe Cole, has visited Robert Clack School to unveil Barking & Dagenham's first third generation (3G) artificial grass pitch (AGP), which was made possible by a £450,000 grant from the Premier League and the FA Facilities Fund.

The new pitch, which will complement the school's already impressive sports facilities, was officially opened by the player, who then watched students play in celebratory matches on the new

surface.

Robert Clack has a close educational relationship with West Ham, with the club's Under 15s and 16s players taking GCSE qualifications at the school.

Furthermore, the new facility will provide a home for four local football clubs including Aztec FC, Roneo Colts FC, Byron Red Star FC and Dagenham Park Rangers FC, who operate more than 60 teams between them. The school worked

in partnership with the Essex County FA to secure a £450,000 grant from the Premier League and the FA Facilities Fund, which are also funded by the Government, via Sport England.



STAR: Joe Cole opens the new artificial pitch

Monty in trouble

MONTY Panesar has been disciplined by the Essex after breaching team rules for timekeeping.

Panesar was dropped from the squad for the LV= County Championship match versus Glamorgan. He will be available for team selection for the NatWest T20 Blast match on Friday against Surrey.

Barking and Dagenham YellowAdvertiser



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